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ABSTRACT

This workbook provides activities and ideas for children who are suffering the loss of a family member or friend through suicide. Each section contains activities to help them understand and cope with the loss. Displayed throughout are the words, drawings, and suggestions of children who have also suffered through this tragedy. Some of the activities include working through the myriad emotions they might experience, then finding these words in a puzzle; drawing pictures of masks showing their emotions; and writing out a list of all their unanswered questions. The workbook provides support for children as they go through their journey of healing. (ADT)

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After a Suicide

A Workbook for Grieving Kids

The Dougy Center

The National Center for Grieving Children & Families

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TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

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My Workbook

My name is _____.

I am _____ years old.

The date I got this book is _____.

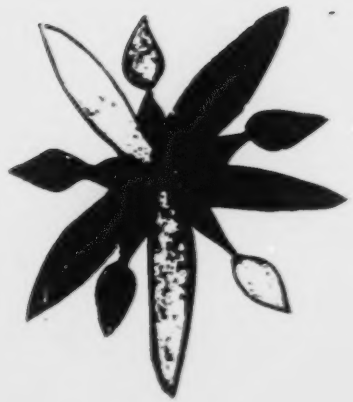
The Dougy Center

The National Center for Grieving Children & Families

After a Suicide

A Workbook for Grieving Kids

A very special thanks to the students on the Catlin Gabel CommuniCare Committee for providing a grant through the Harold and Arlene Schnitzer CARE Foundation for the printing of this workbook.



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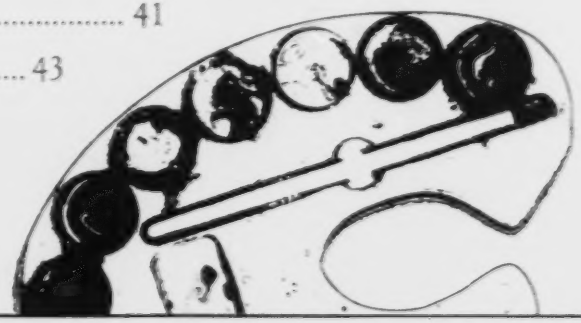

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Do You Know Somebody Who Died by Suicide?

If you do, you are not alone. Every year, thirty thousand Americans die by suicide. That's a big number. Who are all those people? They are mothers, fathers, sisters, brothers, grandparents, friends.

At The Dougy Center, *The National Center for Grieving Children & Families* in Portland, Oregon, we have grief support groups for children and teens who have known someone who died by suicide. With their help, we put together this workbook for kids who may not have a support group to attend, or who do not have friends that really understand the hard times after a suicide.

One thing we've learned from kids is that each person grieves in his or her own way. Some of the ideas and activities you read in this book may be useful while others may not make any sense at all. Remember, this is your workbook. If you don't feel like reading, this is also a place where you can write, doodle, draw, and complete activities to express your grief.

Before you turn the page, here are just a few tips to keep in mind that will help you use this book.

- Write your name in front, so family members know this is your book.
- Keep your book in a safe place.
- Always keep a pencil, pen or crayon handy.
- Keep a stuffed animal nearby. You might feel like hugging it.
- Choose at least one adult you trust who will listen to any thoughts and feelings you have as you work through this book.
- Look at the book a little bit at a time instead of all at once.
- If you like, decorate your book with stickers, pictures or a special photograph.

Don't worry if what you feel or experience is different than what is described in these pages. As long as you are safe, the way you choose to grieve is what's right for you. You are the expert.

My Photo Album

Use this space to glue or draw pictures of yourself, your family, your friends, or the person who died.

"Suicide is when somebody kills themselves. Like when my dad took too many pills or when a mom hangs herself with a rope."

—Jesse, 9

What in the World Is Suicide?

This is a good place to start. Suicide is painful to talk about and difficult for adults to explain to children. Perhaps a parent, teacher or friend tried to explain it to you. Did you understand?

The dictionary describes suicide as a way of dying in which a person kills himself or herself on purpose. A suicide is different from an accidental death, like a plane crash or a car wreck. It is not the same as a death from cancer or another medical illness. When somebody dies after being sick with cancer, doctors can usually say that the death was caused by the cancer. When somebody dies by suicide, there is no way to figure out the exact cause. We may know *how* the person died. We may have a note from the person giving reasons. Or, we may know the person was sick before they died by suicide. For example, many people who suicide suffer from a mental illness called depression. But not everybody

What the dictionary says: "Suicide is the act of killing oneself intentionally."

"When people kill themselves, they make the choice to die. When people die from cancer, they can't stop it from happening. They don't have a choice."
—Lahoya, 10

"It's when people are very sick in their head and they get confused and want to stop their pain and don't know any other way to stop it cause it's so bad, so they kill themselves."
—Bobbie, 12

who has depression ends up dying by suicide. In fact, many don't. So, we do not know the exact reasons why some people choose to die and some don't. This can be confusing for adults and kids.

After a suicide, people have lots of questions that are hard or even impossible to answer. Many start with *why*.

Why did he do it?

Why couldn't I stop it?

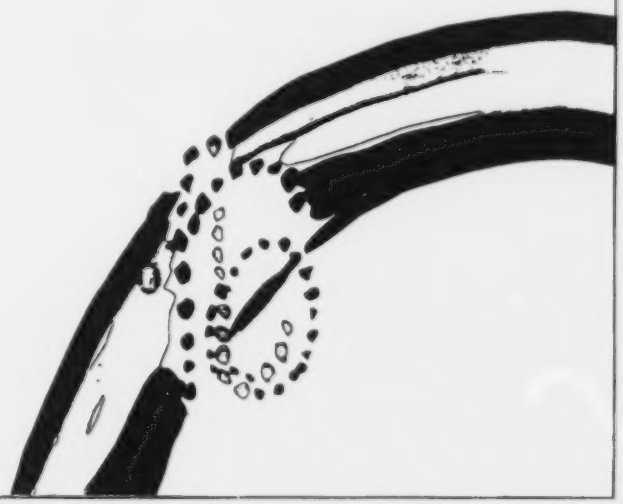
Why didn't she tell me?

Why won't anyone talk to me?

Why does it feel like I did something wrong?

Why was she so selfish?

Why did she leave me?



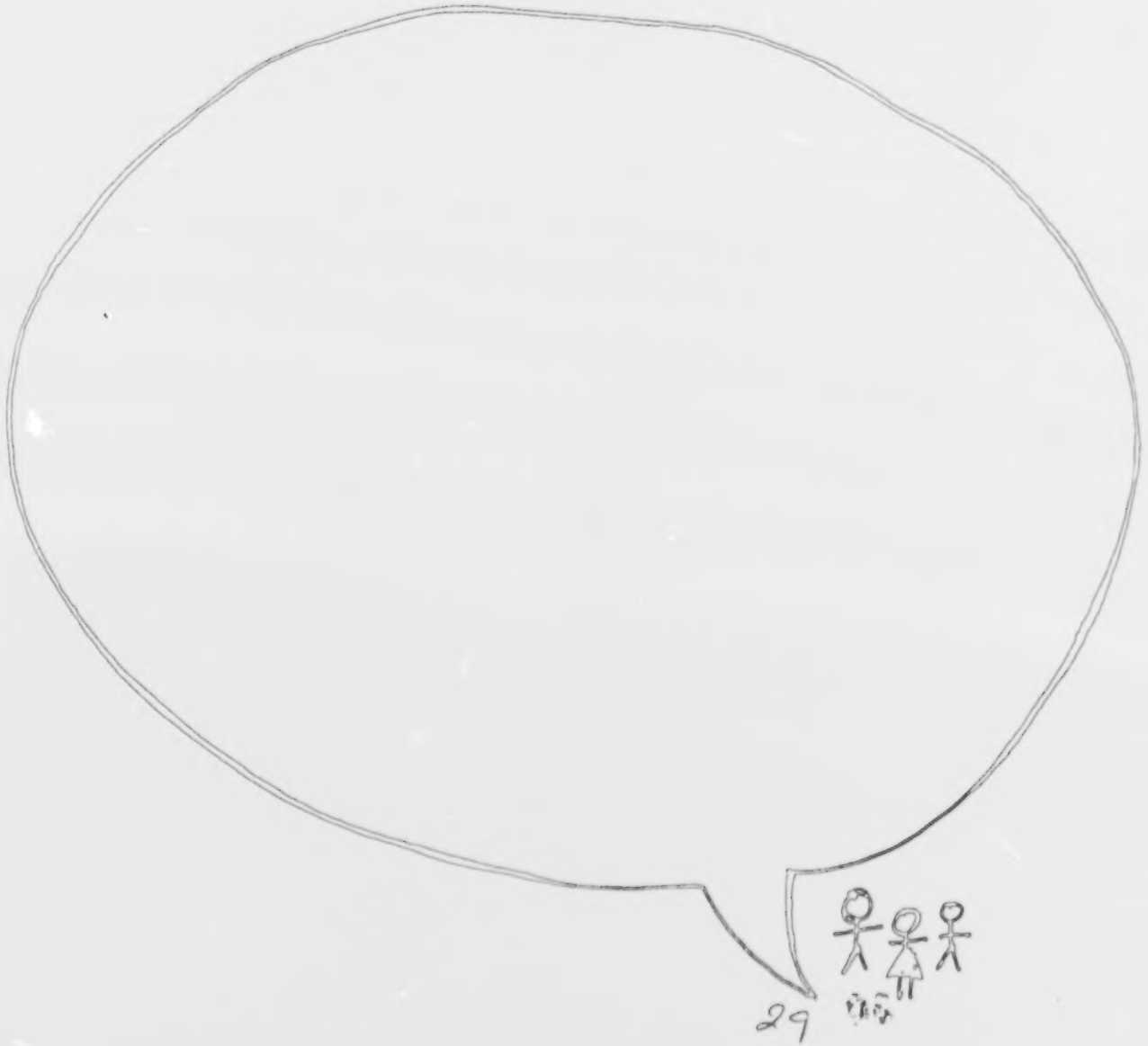
Because suicide is so hard to understand, people are very uncomfortable talking about it. Children and teens say that one of the hardest parts about a suicide death is sharing it with others. They feel ashamed of the suicide, and sometimes keep it a secret because they are afraid others will tease or reject them.

Sometimes parents choose to keep a suicide secret from their children because they want to protect them from painful things. Instead of saying the person died by suicide, they say he or she was killed in an accident or died from a heart attack. Usually, this ends up being more confusing because kids can sense that something is wrong or that they are not being told what really happened. Or, they end up hearing it from someone else. Knowing the truth is really important for kids because it allows them to start grieving.

Now that you know about the suicide, you probably have questions. Some of those questions may have answers. Some don't. Make sure you have at least one safe adult who will listen to your questions, your fears, and your secrets and keep them safe as you work through the hard times.

"My brother was very sick and didn't know what he was doing and then one day he went out into the street by our house and shot himself in the head."
—Karin, 8

What people told me about suicide.



What do you think suicide is? What have people told you? Here is a space to write or draw your answers.

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Finding out about the Suicide

Do you remember where you were when you found out about the death? What time was it? Who told you? Many kids say they will remember this moment for the rest of their lives. Adults may not tell kids at first what really happened because they want to protect them from the pain. Other adults tell the truth and let kids know exactly what they know. Telling the truth up front helps kids accept the reality about the death and begin to grieve. Here are some stories about how children at The Dougy Center were told about the death.

"My mom was very sad and one day she put a rope around her neck and jumped off the chair and hanged herself. She didn't know how much we loved her."
—Nancy, 6

"One day my dad decided that he could not handle the pain any more. He had been sick for a very long time and suffered so much pain. So he went to a hotel and shot himself. Then he died."
—Lucretia, 12

Here is what Carla said:

WHO told you about the death?
My uncle.

WHERE were you?
At camp.

WHEN did you find out?
It was in the summer time in the middle of the day. A hot day.

WHAT happened?
The counselor came and got me off the field where we were playing and my aunt was in the office and she said something terrible had happened and that we needed to go home. She wouldn't say what was wrong. Then when we got home my uncle told me that my mom had died. That she had hung herself in the basement.

HOW did you feel?
I didn't want to believe him. It just couldn't be true. But it was true.

Here is what Leo said:

WHO told you about the death?
My mom and the school counselor told me.

WHERE were you?
At school.

WHEN did you find out?
It was in the morning on a rainy day.

WHAT happened?
The phone rang in my classroom and my teacher told me the counselor wanted to see me. When I got there, my mom was there. I knew something was wrong, but I had no idea what. She told me Dad took an overdose of pills and was dead.

HOW did you feel?
I remember my face felt all hot and my heart started pounding and I felt like I would burst. I remember I wondered if the other kids would think I was in trouble. Then I cried.

Who, where, when, what, how?

WHO told you about the death?

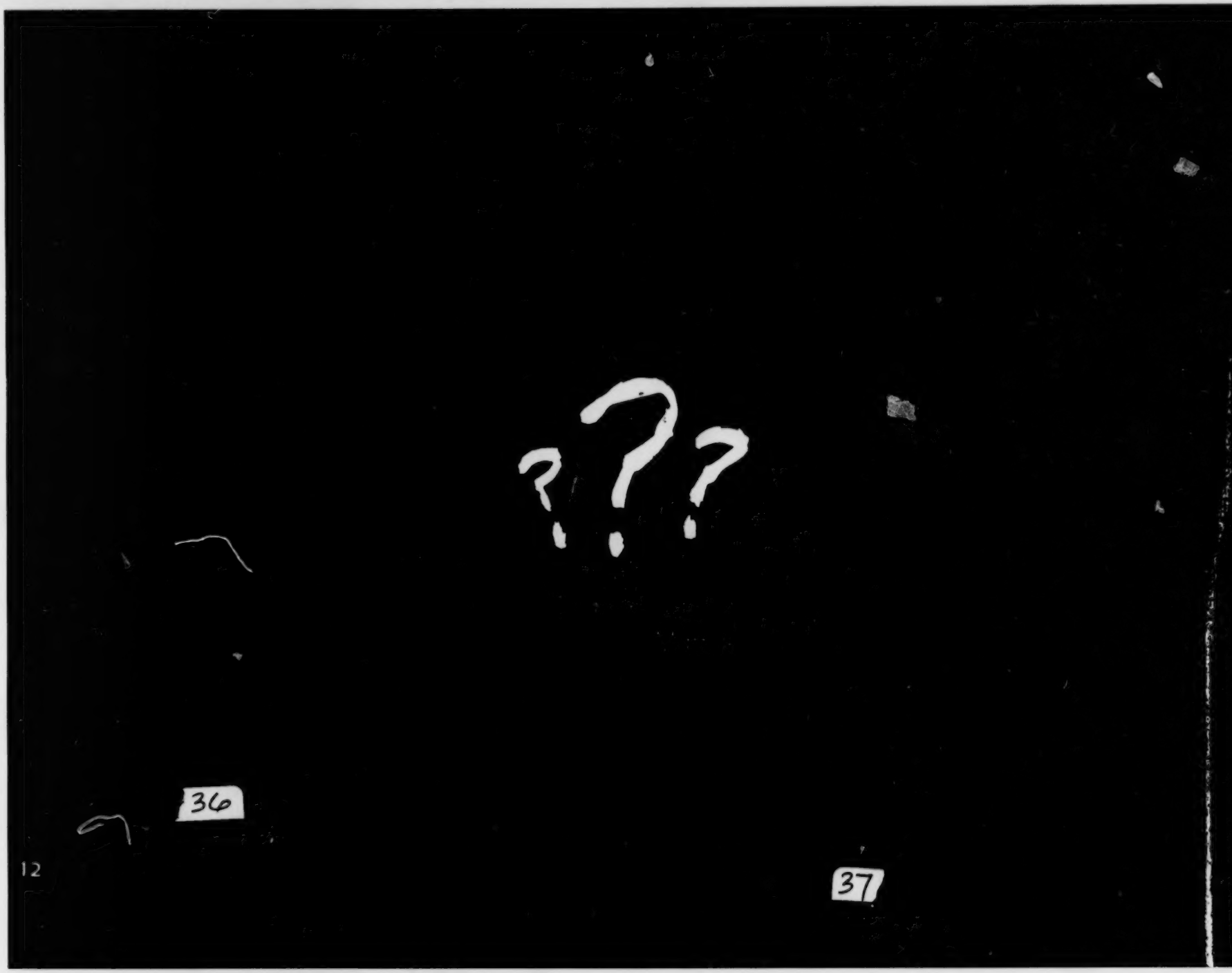
WHERE were you?

WHEN did you find out?

WHAT happened?

HOW did you feel?

How did you find out about the suicide? Here is a space for you to write your answers.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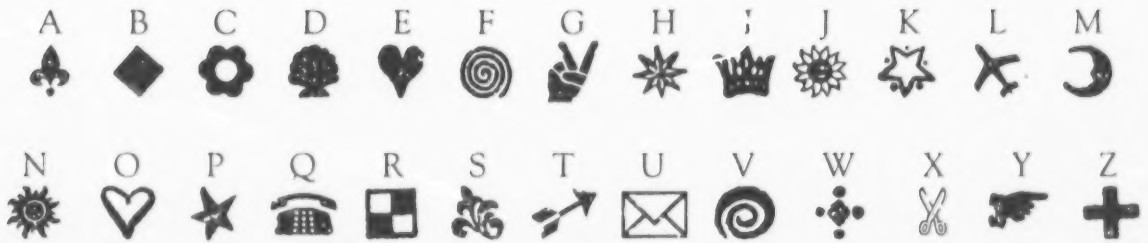
Why Do People Die by Suicide?

"Why?" is a question almost everybody asks after a suicide. Maybe you have asked a parent or a brother or sister or a teacher. Maybe you shouted it up to the sky or into the wind or at God. Why? Why? Why? Perhaps you wrote it in large letters on a piece of paper with a big question mark or whispered to your self as you lay in bed. Or maybe you just thought it but were afraid to ask. People may give explanations and reasons for a suicide, but usually there is not one single answer that helps us understand why a person chooses to die. Even when a person leaves a letter explaining his or her reasons for dying, it's still hard to understand.

"My grandparents said it was my mom's fault because she yelled at him before he died. They blamed her for his death. I don't believe them. She was confused and mad but didn't cause the death."
—Ally, 17

Decode the message



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Answers: 1. He was sick; 2. She wanted to stop the pain; 3. He didn't want to live anymore; 4. She wanted to be free; 5. He felt hopeless.

What some scientists say: Some scientists who study the brain have found that certain chemicals don't work the way they are supposed to work in the brains of people who die by suicide. The brain, they say, can get "sick" like other parts of the body such as the heart. When a person has heart problems, it affects the way she breathes and the way her blood flows.

Likewise, when there are problems in the brain, it affects the way a person thinks and feels and acts. Another idea about people who die by suicide is that they feel so hopeless and have so much emotional pain that they think that dying is the only way for the pain to stop. They are wrong, but they are not thinking clearly.

"My dad's brain was not working right. He was hurting so much that he jumped off the bridge to stop the pain."
— Matt, 11

Unscramble the words

1. GURDS

____ ____ ____ ____ ____

2. HOLOCAL

____ ____ ____ ____ ____ ____ ____

3. PREDESSED

____ ____ ____ ____ ____ ____ ____ ____ ____

4. NAPI

____ ____ ____ ____

5. KICS

____ ____ ____ ____

6. PLESESHO

____ ____ ____ ____ ____ ____ ____ ____

Answers: 1. Drugs, 2. Alcohol, 3. Depressed, 4. Pain, 5. Sick, 6. Hopeless.

Feelings: Angry... Sad... Mad... Lonely... Confused... Guilty...

After his dad died by suicide, 7-year-old Michael said he had "lots of feelings all mixed up inside." Some days, he felt angry and wanted to throw his building blocks all over his room. Other times, he felt lonely and quiet and could sit by the window watching the rain fall for an hour. There were days he felt guilty and wished he could have done something to stop his dad from killing himself. At times, he forgot about his dad for a little bit and felt happy about something, like winning at video games or getting his allowance money.

There are many feelings that we have when someone dies. It's different for everybody. There is no right or wrong way to feel. It's okay if you cry and it's okay if you don't cry. You may feel sad or angry or shocked or confused or nothing at all. You may hurt in your body or feel dizzy or tired. All feelings are normal.

Here is a word puzzle. How many of these feelings can you find?

Abandoned
Afraid
Angry
Confused
Depressed
Guilty
Hate
Lonely
Mad
Sad
Scared
Sorry
Unhappy
Upset

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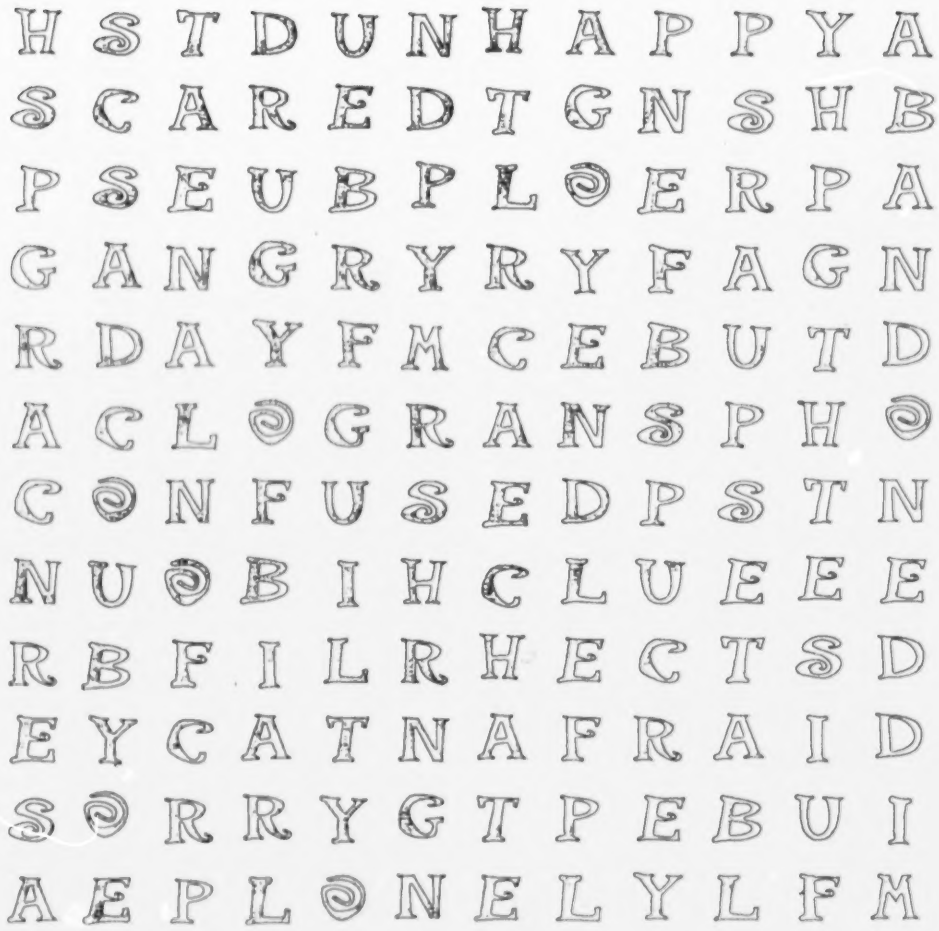
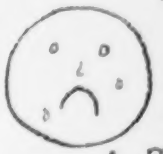
Find the feelings


H S T D U N H A P P Y A
S C A R E D T G N S H B
P S E U B P L O E R P A
G A N G R Y R Y F A G N
R D A Y F M C E B U T D
A C L O G R A N S P H O
C O N F U S E D P S T N
N U O B I H C L U E E E
R B F I L R H E C T S D
E Y C A T N A F R A I D
S O R R Y G T P E B U I
A E P L O N E L Y L F M

Sad



"I know I'm not as happy as I was when my dad was alive, and that I feel more upset all the time than I did before... my friends always think I'm too depressed."
—Max, 12

Mad and Angry

"If I could tell my dad one thing, I'd say I was mad, mainly that he wouldn't help himself, that he gave up."
—Michael, 12

Guilty

"Sometimes I feel like it was my fault that he killed himself. If I would have been a better girl, then he would not have been so unhappy. My mom tells me that it isn't my fault. Sometimes I believe her and sometimes I don't."
—Julie, 9

Hurt

"I still can't believe that my mom would do such a thing. And leave me and my sister without a mom."
—Jody, 10

Afraid

"When we first found out about my dad, I was really scared, thinking what would happen if my mom died by suicide too. My thought was that if people get mad or upset they'll go kill themselves."
—Elizabeth, 12

Confused

"It hit us real suddenly. We weren't prepared for it. We weren't ready at all. I was real sad, real confused, like why did this happen. How? My brain was really confused, I couldn't figure out what was going on."
—Alex, 10

Embarrassed or Ashamed

"My mom acted so crazy. I could never bring any of my friends home cause I didn't know how she would be. Then she killed herself and I was really embarrassed. I didn't know what to tell the other kids."
—Kayla, 9

Abandoned

"I just don't understand why my dad would leave me. I really need him and I guess he just didn't care enough about me. My mom says that's not true but it's hard to believe her."
—Franci, 13

Physical Feelings

"People used to talk about heart aches and I couldn't imagine what that could feel like. Then my sister killed herself, I now really know what heart ache is cause I feel it all the time."
—Sally, 13

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Feeling Masks

My Outside Mask

My Inside Mask

This is how I feel
on the outside.

This is how I feel
on the inside.

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"Sometimes how I look on the outside isn't how I feel on the inside."
Draw faces on the two masks that show the different kinds of feelings that you have.

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"WHAT IF... I had been home. Maybe I could have stopped him."
—Lily, 8

"IF ONLY... I could see my brother I would slap him and tell him how stupid he was to shoot himself."
—Winton, 12

"I WISH... I could tell my mom I miss her. That's all."
—Naomi, 6

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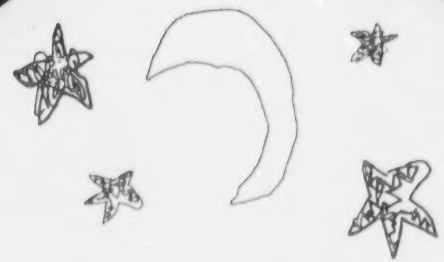
Here is a place to write your what ifs, if onlys, and wishes

WHAT IF...

IF ONLY...

I WISH...



Dreams and Nightmares

Many kids dream about the person who died. Dreams can be comforting and sometimes kids really appreciate them. Nightmares are scary. It's hard to go to sleep after a nightmare. Some kids also have thoughts or pictures about the death of the person that come into their mind again and again and are hard to forget. Dreams and nightmares happen to lots of kids and adults who are grieving. Sometimes, they help us work things out. Here are some pictures and stories of dreams. If you have a dream that you're worried about, you might want to share it with an adult you trust.

"I dream about the fun things we did, and then it turns into a nightmare because I hear the gunshot."
—Melissa, 11

"In my dreams I talk to my dad like he were still here. I ask him, 'Why did you kill yourself?' 'Why did you leave me when I really needed you?'. He says he doesn't know why he did it and he is sorry. But I just can't forgive him." —Fred, 13

"Sometimes I feel my dad's presence. I feel chills on my spine and it feels kind of creepy. Then there is kind of a glow, my dad had a certain glow, he was always cheerful. It is reassuring when I feel him around me." —Tony, 12

"I can see her in my dreams. Now she's happy and everything. I asked her why did she killed herself and she said, 'I couldn't take it anymore, there's too much pressure,' and I said 'okay'." —Ashley, 14

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Dreams and Nightmares

Make a picture or write about a dream or nightmare you have had about the person who died

"My mom is in my heart."

—Toby, 7

Questions Kids Ask About Suicide

What happens to people after they die by suicide?

There is lots of confusion about what happens to a person when he dies by suicide. Some of the ideas and thoughts are helpful to kids and some are hurtful. Each person has a different belief about where the person is. Families have different thoughts about it. Your belief is important for you. It's okay if it is different from what other people think.

How long will this grief last?

Sometimes the grief feels so bad and hurts so much you might wonder if you will ever feel better. Grief never ends and you will always remember the person who died but it does get easier and is not so painful after awhile.

"My mom is in the sky and the air and the trees. I feel like I can talk to her spirit if I want."
—Tia, 5

"Yes, I thought about killing myself right after my dad died, but my mom took me to a counselor and she helped me. I also talked to my brother."
—Chris, 12

Will I die of suicide too? How can I get help if I feel bad?

Suicide is scary. Sometimes kids think that they will end up killing themselves just like their parent, sibling or friend. Sometimes the pain is so great that they think suicide is not such a bad thing for themselves. Kids sometimes want to be with their parent who died so badly that they wish they were dead.

There is a difference between sometimes wishing you could be with the person who died and considering suicide. There are ways to get help when you are feeling depressed or suicidal. If you ever feel this way, it is very important that you share your feelings with a trusted adult that can help you. If you have a friend who is feeling this way, take them seriously and encourage them to talk with a person they trust. Sometimes going to see a counselor or religious person such as a pastor or rabbi or priest might help. They may be able to help you share your feelings and to find ways to handle your sadness and pain.

What are your questions?

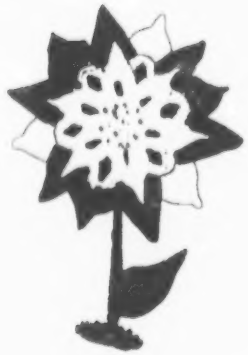
I wonder why. . .

The thing I am most confused about is. . .

I don't understand. . .

I was not told. . .

"Why do people act so weird when I talk about my mom's suicide?"
—Tommy, 8



"I don't really talk to my friends about it, I mean I talk to my parents and stuff, but not my friends."

—Billy, 11

Talking About the Suicide with Friends

It is hard to talk to people about suicide. People get uncomfortable when the subject is brought up. Sometimes it's easier not to tell everyone that it was a suicide death. In your own family, you may notice that one person wants to talk about the suicide and another wants to pretend it never happened. It's important to be able to share your story with someone you trust. The kids at The Dougy Center have shared some ways they choose to talk about it. Hopefully, some of their words or ideas will help you.

"I just hate it when people say 'sorry' like they pity you. They act like you need help, they are so sorry."
—Wendy, 11

"My brother died. My mom said that we are not supposed to say how he died... but he killed himself. She said that we are not supposed to say how he killed himself... he shot himself. We are not supposed to say where he shot himself... it was in his head. We are not supposed to tell anyone."

—Tiffany, 6

"Kids in school know he died but not that it was suicide. I only tell people I trust."

—Tristan, 12

"I don't feel real comfortable talking around my friends. Maybe I feel okay with them, but they don't with me. They don't know what to say when my dad comes up. Or, if we go to a movie and someone gets hanged, everybody looks at me and says 'Are you okay?'"

—Rachel, 11

Telling People

What did you say to your friends after the suicide?
What did you choose not to tell them? Write your own thoughts in the bubble below.

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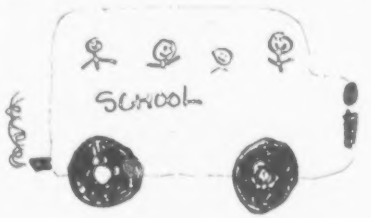
"My friend said, 'I'm real sorry about your mom. How can I be your friend?'"
—Misty, 9

"When people make jokes about suicide I don't think it's funny. But sometimes I feel bad because I'm uncomfortable. I feel like I have to joke about it too so that it's okay for them to talk."
—Lanny, 12

The hurtful and the helpful

Often people don't know what to say or how to talk to kids after a suicide. Sometimes the things they say or do are hurtful and sometimes they are helpful. Fill in a smiling face next to the things below that other people do that would help you, and a frowning face next to the ones that could hurt.

- Give me a nice card
- Say mean things about person who died
- Make jokes about suicide
- Tell me the person who died was crazy
- Ask me if I'm doing O.K.
- Ask if I need help with anything
- Say they are glad the person is dead
- Talk with me about my feelings
- Tell me to forget about it
- Play with me
- Tell me to stop talking, or crying about it
- Say they are sorry



Going Back to School

Many kids have a hard time going back to school. After a death, it is hard to concentrate and focus on things. Some kids worry about their other family members and are afraid to leave them. At school, other kids may be cruel and say mean things. Or, because they don't know what to say, they don't talk to you at all. Sometimes, going back to school isn't so bad because the teacher and friends are helpful and supportive. If you are having trouble with your school work, talk with your teacher about making a plan to help you complete it. It helps when you get things done a little at a time.

"I have good help at school. I have a really, really good counselor at school that helps me through it. She talks to me two times a week."
—Caedmon, 11

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Back to school checklist

Use this checklist to get ready to go back to school.

My School Checklist
Name:

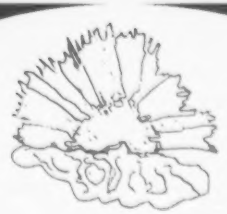
Grade:

Date:

Teacher's Name:
With my teacher I will do the following:
- ☐ Talk about any work I missed
- ☐ Talk about work we will be doing
- ☐ Make a plan for doing this school work
- ☐ Talk about taking breaks

My Study Buddy's Name:
My study buddy will help me with:
- ☐ Doing all of my homework
- ☐ Turning my homework in on time.
- ☐ Telling me what my assignments are

The Adult at School I Trust is:
(This person may be a counselor, coach, teacher, nurse, secretary)
This person will help me with:
- ☐ Talking about my feelings
- ☐ Helping me with things I'm scared of or angry with
- ☐ Helping me remember things I need to do



Ways to Honor and Remember the Person Who Died

As time goes by, many kids worry that they will forget the person who died and what made them special. Things like how mom looked when she laughed. Or her smile. Or the things she used to say. There are lots of different ways to keep these memories alive. One way is to talk about the person. You might also have pictures out that remind you of special times you spent together. Some people like to have special times when they remember the person, such as birthdays, the date of the person's death, or holidays. You may also develop a ritual or way to remember the person. Here are some activities you can do to remember the person who died.

"My dad's favorite food was orange sorbet ice cream"
—Jenny, 9

"We liked to jump in puddles on rainy days and pick tulips from the garden"
—Michelle, 8

"We went to my uncle's farm. My dad and I got to ride the tractor"
—Maisy, 7

"My dad taught me how to carve pumpkins into jack o' lanterns"
—Taylor, 4

Making Memories

The two activities below are to remember things about the person that died that made them special.

Their Favorite Things

Favorite Food:

Favorite Song:

Favorite Color:

Favorite Animal:

Favorite Activity:

Favorite Place:

Other Favorites:

Things We Liked To Do Together

1.

2.

3.

4.

5.

6.

7.

Remembering the anniversaries and other special days

Here's a list of special ways to remember the person who died.
Circle the ones that you have done, or would like to do.

Cook a special meal, or treat that they liked

Light a candle

Listen to their favorite music

Draw a picture of a special memory with them

Put some flowers on their grave, or in a special place at home

Draw your own way to remember them.

"On the anniversa
of the day that h
died we go to the
cemetery."
—River, 11

"I just sit around
my dad's grave
and pretend like
I'm talking to him
like how I'm doing
and stuff."
—Bryce, 13

"After my brother
died, my mom
bought a special
candle and we ligh
it on special
occasions like his
birthday, the day
he died, and
Christmas."
—Angie, 8

"I do three things to make me feel better: 1) I talk to my parents, 2) I go and sit on my bed, and 3) I take a hot bath."

—Emma, 6

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Advice About Feeling Better

Kids have shared many different things that helped them after a suicide. Not everything is helpful to every person because everyone grieves differently, but maybe something on this list will help you. Put a check mark by the things you have tried, or would like to try.

- ☐ Talk about it.
- ☐ Remember you are not alone.
- ☐ Do things that make you happy.
- ☐ Take a nap.
- ☐ Write a journal: include your thoughts, feelings and things you'd like to say to the person who died.
- ☐ Play.
- ☐ Cry, scream, yell.
- ☐ Draw, paint and play with clay.
- ☐ Make a memory quilt.
- ☐ Punch a punching bag.
- ☐ Remember the life of the person who died.
- ☐ Light a candle.
- ☐ Plant a flower.
- ☐ Play a sport.

"I try to do things that make me feel better and not remember all the time. Like I will go out and shoot hoops so I don't have to think about my dad all the time."
—Rick, 12

We were a normal family with 3 cats, 2 dogs and a rabbit named Patches

—Misty

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My Story

Everyone has a story. Now that you are close to the end of this book, you know a little piece of many stories about what it's like after someone in your life dies by suicide. Some of them may be like yours and some may be completely different. Kids who have been in support groups at The Dougy Center tell us again and again about how helpful it is to listen to other kids' stories. It helps because it reminds them that somebody understands what they are going through and that they are not alone. On the next page is Misty's story. After you read it, you may want to practice writing your story. You don't have to write it all at once. You may want to write a little now and add to it later.

"A few weeks before her death, my mom told me that she wanted to die, but I cried and cried and begged her not to leave me."
—Misty, 12

"We were a normal family with 3 cats, 2 dogs and a rabbit named Patches. A year before my Mom died she started crying a lot and being very quiet. She went to her room a lot and locked the door.

A few weeks before her death, my Mom told me that she wanted to die, but I cried and cried and begged her not to leave me. I told her that I loved her. Finally she said she wouldn't ever leave me. I was relieved but I didn't fully believe her. You know what I mean? Then one day, while I was at school, she went back to that bridge and jumped.

After my Mom died, I had trouble sleeping, so it was hard to concentrate at school. My teacher helped. She asked how I was doing, and told me it was okay to share my feelings and to take breaks when I needed to. This really helped because I was trying to be strong all the time. At first, it was hard to think of my Mom because all I could think about was her death. But little by little, I started to remember the good times we had. Now I feel more sure that even though she is not here on earth, she is always with me."

—Misty, 12

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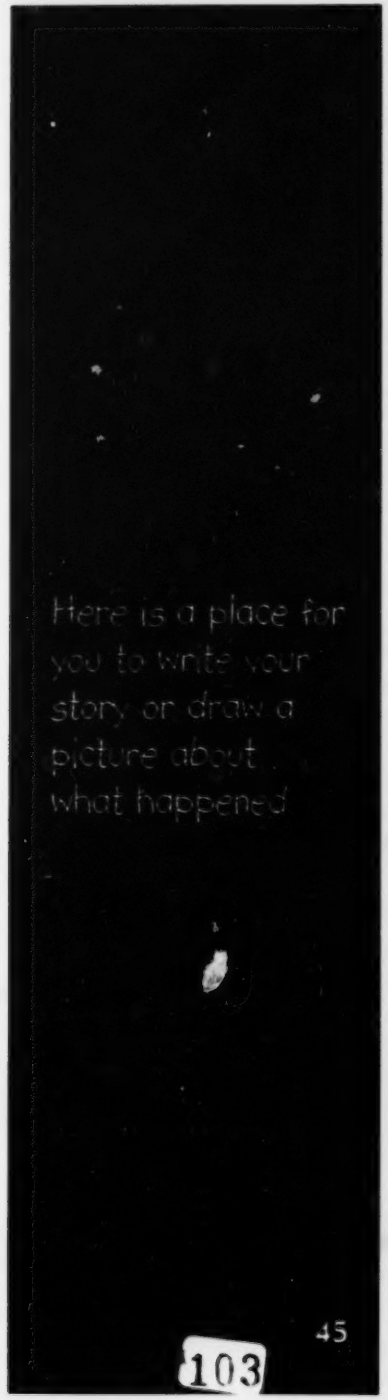
My Story


Here is a place for you to write your story or draw a picture about what happened
45
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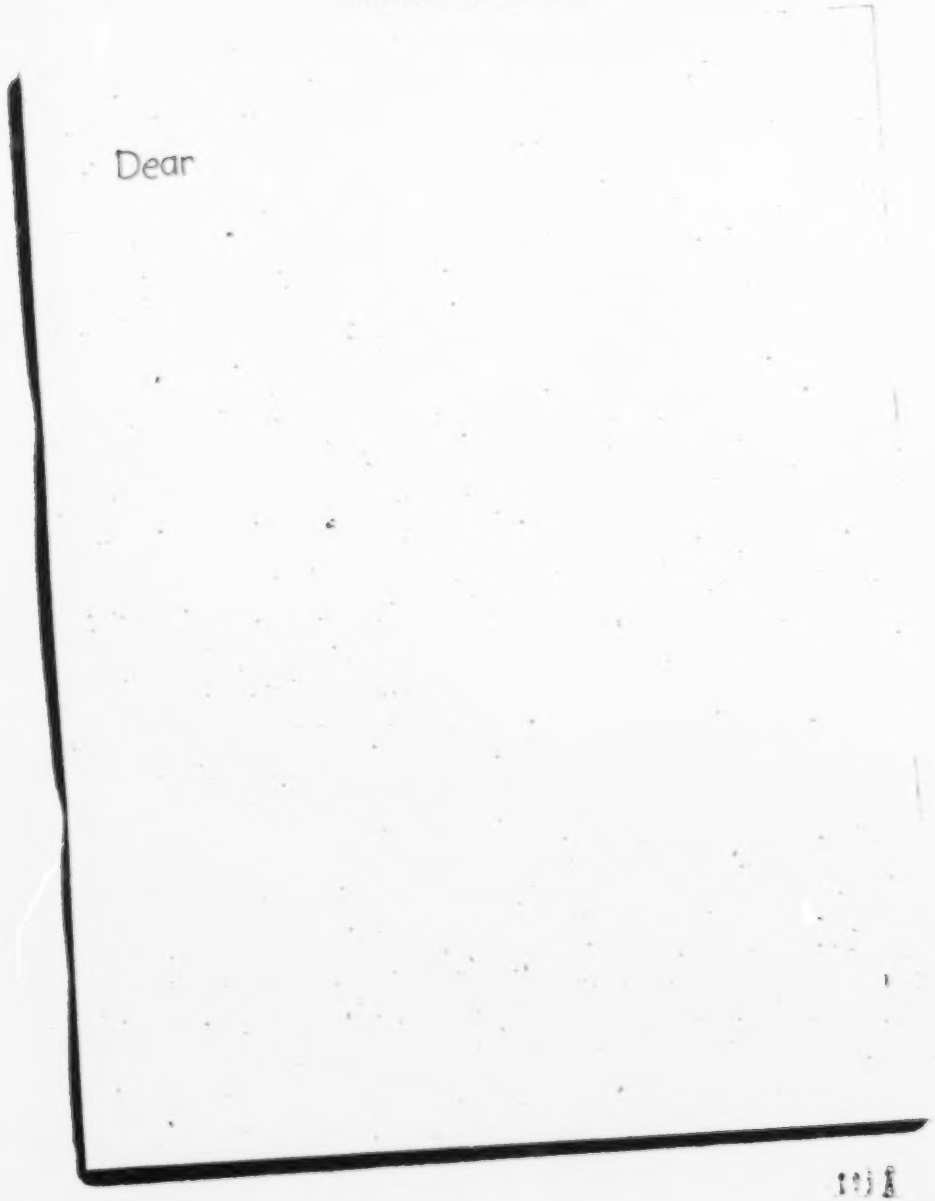
Use this piece of stationery to write a letter to the person who died and say what your life has been like since their death

6

Write a letter



Wave Goodbye

Put your hand in this space and draw a line around it. On each finger write a memory, or what you liked best about the person who died, or what you would say to them if you had been able to say goodbye.

The End... and the Beginning

Even though you've come to the end of this book, you are just beginning a new chapter in your story of grief. Some people say that grief is like a journey. When you started the journey after a suicide, you may have noticed that the road was very rough and rocky and it seemed dark. It may still feel that way at times. Now that you've had a chance to hear a little bit from other kids, you know that you are not alone on the road. Other grieving kids walk alongside you. And although the journey of grief doesn't end, the rough rocks do get smoother. And often, they sparkle like little lights of hope to help you find your way.

Thank you for reading this book.
It is dedicated to you and
to grieving kids everywhere.

Since 1982, The Dougy Center, *The National Center for Grieving Children & Families* has provided peer support for thousands of children, teens and their families who have experienced the death of a parent, sibling, or friend. The Center is financially supported by the contributions and gifts from our friends and supporters. We receive no government support or insurance reimbursement and charge no fees for our groups so all families who need the program can take advantage of it. You can contact us for additional information on how to make a contribution.

For information on other guidebooks, videos and resources on child and teen grief, contact The Dougy Center at:

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